

spring 2019 schedule

MARCH 31–JUNE 23

*No classes on Easter Weekend
(April 19–22) and Victoria Day
Weekend (May 18–20)*



SUNDAY

10:30am–noon 11 wk
Mixed | Misha

12:15pm–1pm (drop in)
Yoga Nidra | Misha

*Above classes:
March 31 to June 23*

*Yoga Nidra, or “yogic sleep,”
is a conscious, deep meditative
state, for relaxation and subtler
self inquiry.*



TUESDAY

9:30am–11am 12 wk
Mixed | Helga

5pm–6:30pm 12 wk
(or until due-date)
Pre-Natal Yoga | Helga

6:45pm–8:15pm 12 wk
Mixed | Helga

*Above classes:
April 2 to June 18*

*Pre-natal classes feature
gentle postures and
breath-work (experience
in yoga is not necessary).*

WEDNESDAY

10:30am–noon 12 wk
Mixed | Misha

*Above classes:
April 3 to June 19*

*Late joining a series
is welcome; cost is
pro-rated for new
students.*



THURSDAY

9:30am–11am 12 wk
Beginner–Mixed | Helga

4:30pm–6pm 12 wk
*Gentle–Beginner–Mixed
Yoga | Helga*

6:30pm–8pm 12 wk
(or until due-date)
Pre-Natal Yoga | Helga

*Above classes:
April 4 to June 20*



**LYNN WYLIE–HELGA BEER
YOGA STUDIO** (250) 370-0464

www.helgaberyoga.com
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**LYNN WYLIE–
HELGA BEER
YOGA STUDIO**

*We have been teaching
in Victoria for over
20 years and created
this studio to provide
a tranquil space where
yoga classes give you
the opportunity to
move and breathe
with more ease, and
to notice your habitual
patterns of living.*

*Each yoga class is an
invitation to explore
how direct experience
awakens and reveals
some knowing in you,
encouraging a deeper
connection with your
body, yourself, and
others.*

“we live in the shelter of each other”

–Celtic saying

hatha yoga



LYNN WYLIE-HELGA BEER YOGA STUDIO

#202 - 1600 Bay Street (near Shelbourne),
Victoria, BC Canada V8R 2B6

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PRICING

12-week registration	\$180
11-week registration	\$165
8-week registration	\$120
Drop-in class.....	\$17
Drop-in for registered students attending additional classes.....	\$15
Drop-in for Yoga Nidra (45 minutes)	\$10
Introductory class	\$10
Private class (75 minutes).....	\$75
Deposit for pre-registration	\$25

All prices include 5% GST

DISCOUNTS

Two or more classes a week: 15% discount.

POLICIES

Missed classes can be made up during the term or bring a friend. Late joining a series: cost is pro-rated for new students. Drop-in students are welcome, space permitting. There are no refunds.

Our studio is a center for the practice of hatha yoga that cultivates awareness and encourages each individual's personal growth, while honouring the tradition of the practice and preserving the simplicity of the discipline.

WORKSHOPS *(pre-registration required)*

APRIL

27 | Family Constellation

Family Constellation is a therapeutic/educational process that integrates family systems theory, existential phenomenology and the connection to our ancestors. Sat 9:30am-5pm, \$75; \$95 with constellation. *Helga Beer*

JUNE

1 | Ball Rolling & Yoga

Ball rolling offsets the stress of vigorous exercise, promotes greater awareness of our holding patterns and removes barriers in the fascia for release. Sat 9:30am-noon, \$45. *Helga Beer*

8-9 | Scaravelli-Inspired Hatha Yoga

A weekend of transformative yoga enquiry into the beauty of "beginning," allowing the aliveness of breath to awaken us. Sat 10am-1:30pm, Sun 1:30pm-5pm; \$130.
Guest Teacher: Louise Simmons